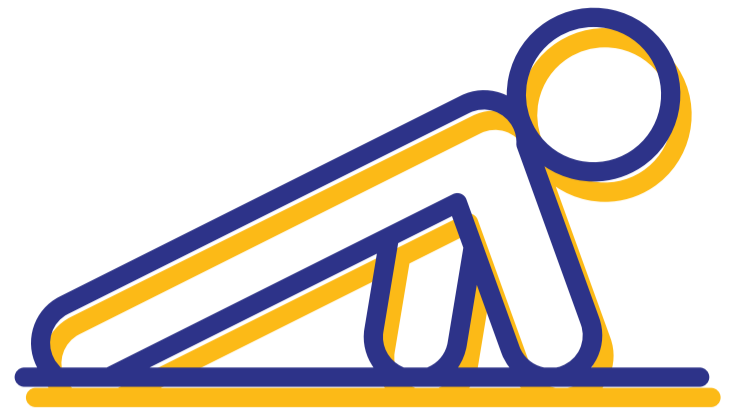


Set a New Standard:

750 REPS

in 40 Days.



Break down reps into smaller sets.
Space out your reps throughout the day.

1 15 PUSH-UPS	2 17 PUSH-UPS	3 19 PUSH-UPS	4 15 PUSH-UPS	5 21 PUSH-UPS	6 23 PUSH-UPS	7 25 PUSH-UPS	8 20 PUSH-UPS
9 27 PUSH-UPS	10 29 PUSH-UPS	11 31 PUSH-UPS	12 25 PUSH-UPS	13 33 PUSH-UPS	14 35 PUSH-UPS	15 37 PUSH-UPS	16 30 PUSH-UPS
17 39 PUSH-UPS	18 41 PUSH-UPS	19 43 PUSH-UPS	20 35 PUSH-UPS	21 45 PUSH-UPS	22 47 PUSH-UPS	23 49 PUSH-UPS	24 40 PUSH-UPS
25 51 PUSH-UPS	26 53 PUSH-UPS	27 55 PUSH-UPS	28 45 PUSH-UPS	29 57 PUSH-UPS	30 59 PUSH-UPS	31 61 PUSH-UPS	32 50 PUSH-UPS
33 63 PUSH-UPS	34 65 PUSH-UPS	35 67 PUSH-UPS	36 55 PUSH-UPS	37 69 PUSH-UPS	38 71 PUSH-UPS	39 73 PUSH-UPS	40 60 PUSH-UPS

Your body, your rules.
Adjust the schedule as needed to avoid injury.

